



Caregiver Connection

ISSUE #15

THE DUBIN CENTER
MONTHLY E- NEWSLETTER

DECEMBER 2025

Caregiver Connection Newsletter

Welcome to the December 2025 Newsletter!

As the year draws to a close, December invites us to slow down, reflect, and cherish the meaningful moments we've shared. It's a time of celebration, but also one of tenderness, especially for those navigating memory loss and caregiving during the holidays.

This season can bring both joy and challenge. Amid the gatherings, traditions, and quiet moments, we are reminded of the importance of compassion, patience, and the strength of community.

In this issue, you'll find tips for making the holidays more comfortable and joyful for those living with dementia, ideas for caregiver self-care, and resources to help you close the year with warmth and connection. Together, let's honor the season with kindness and care.

Newsletter Features:

Dubin Spotlight: Meet one of our dedicated volunteers, team members, or community partners who are making a profound impact through their unwavering commitment and compassion.

Community News: Stay connected with the latest happenings in our community! From local events and caregiver workshops to important updates and inspiring stories, this section keeps you in the know. Be sure to check back each month for news, resources, and ways to get involved.

The Joyful Corner: Discover engaging activities designed to stimulate cognitive function and bring joy to both caregivers and their loved ones.

Upcoming Calendar: Stay informed about our events, workshops, and support groups for the month ahead. We're here

In this newsletter you can expect:

Community
News

Dubin Spotlights

Insights of the
Month

The Joyful
Corner

Monthly
Calendar

Warmly,
The Dubin Team

to help you stay connected
and engaged.



To stay up to date with our weekly schedule,
be sure to follow us on social media!

Help us with our Newsletter!

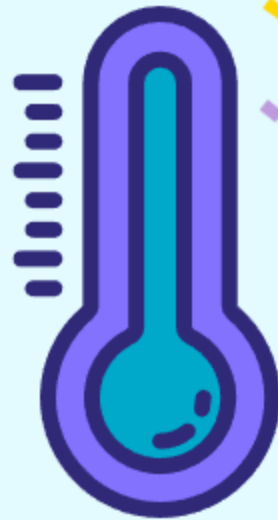
Got 5 minutes? We'd love to hear from you! Click the link below to take a quick survey and help us make *The Dubin Center Caregiver Connection Newsletter* more relevant, helpful, and engaging for you.



New Home Campaign Update!

Match Goal Reached!

We have exciting news to share. Thanks to the generosity of our community, our first **\$50,000** matching challenge was fully met!



And now, an incredibly generous anonymous donor has stepped forward with a new \$100,000 match!



THE DUBIN CENTER

Where no one faces dementia alone.



That means every gift will go **twice as far** in helping The Dubin Center secure a permanent home for the families we serve.

This opportunity brings extraordinary momentum. Your support today isn't just helping us purchase a building; it's laying the foundation for long-term sustainability, growth, and expanded programs for families facing Alzheimer's and dementia.

As we move toward renovating and opening our new home, we want the space to truly reflect the dignity, creativity, and joy of the people who will use it every day. Additional donations will help fund meaningful program enhancements.

Program Enhancement

Additional donations will directly support program enhancements that will elevate the daily experiences of our participants, including:



An indoor therapeutic garden to promote sensory engagement and relaxation



Technology such as Tovertafel (Tover Games) to support cognitive stimulation through interactive play



Additional dementia-friendly activities and enrichment tools designed to spark connection, movement, and meaningful moments

Every dollar will be matched up to \$100,000. Together, let's build a home that reflects the strength, compassion, and heart of our community.



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[Donate to the New Home Campaign Here!](#)

Education at The Dubin Center: 2026 dates !



**SAVVY
CAREGIVER[®]**
KNOWLEDGE. SKILLS. MASTERY.

The Savvy Caregiver Course is a free, evidence-based program designed to provide caregivers with practical skills, strategies, and confidence to navigate the challenges of caregiving. Over the course of several weeks, participants will learn about the disease process, effective communication techniques, and strategies for managing stress while enhancing their loved one's quality of life.

Savvy Express: The Savvy Foundational course taught in a 3 week format.

Savvy Advanced: For Savvy Express/Foundational graduates looking to expand their caregiving knowledge, most individuals in this course are caring for someone in the later stages of dementia.

Savvy Express | 3 Weeks | In Person:

Tuesdays | January 13th, 20th, & 27th | 12:30 pm - 3:30 pm

Savvy Express | 3 Weeks | Zoom:

Tuesdays | February 10th, 17th, & 24th | 12:30 pm - 3:30 pm

Savvy Advanced* | 4 Weeks | In Person: *For Savvy graduates, caring for someone in later stages

Tuesdays | March 10th, 17th, 24th, & 31st | 1:00 pm - 3:00 pm

Evening Savvy Express | 3 Weeks | Zoom:

Thursdays | March 12th, 19th, & 26th | 5:30 pm - 8:30 pm

Upcoming Events



Holiday Memory Catchers

Wednesday, December 17th

1:00 PM - 3:00 PM

RSVP Required

Join us for an extra
special Holiday themed
Memory Catchers
Support Group!

Hot Cocoa Bar
Cookie Decorating
Support Group
Activities & Crafts
Holiday Cheer!



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www.DubinCenter.com

239-437-3007

**A Support Group for caregivers will still be occurring during Holiday Memory Catchers. Space is limited, please RSVP*



OUT & ABOUT TOP GOLF JANUARY 12, 2026

Come enjoy a fun and social afternoon at Topgolf! Practice your golf swing, cheer on friends, and enjoy this interactive driving range designed for all skill levels. Whether you're a seasoned golfer or just want to try something new, there's something for everyone.

Please RSVP to reserve your spot. We look forward to seeing you there!

 MONDAY, JANUARY 12TH, 2026

 10:30 AM - 12:30 PM

 2021 TOP GOLF WY, FORT MYERS, FL 33913

 RSVP (239) 437-3007



Community News

Brain Boosters Returns in the New Year!



For the past few years, The Dubin Center has proudly partnered with the Lehigh Senior Center and Bonita Springs Senior Center to bring **Brain Boosters** to our community. As we age, staying socially connected and giving our brains regular workouts becomes more important than ever.

Brain Boosters offers a welcoming and engaging space for everyone, whether you're living with a dementia diagnosis, hoping to make new friends, looking to stay socially active, or simply enjoy trying new puzzles and challenges. Each session is tailored to meet participants where they are, helping support and strengthen overall brain health.

While Brain Boosters will resume in the New Year, we encourage you to explore the wonderful programs offered at your local senior center throughout the holiday season. Staying active, curious, and connected is one of the best gifts you can give yourself.

Stay tuned, we can't wait to welcome you back soon!

Bonita Springs Senior Center* Brain Boosters: every 2nd Thursday 10:30 am - 11:30 am

Lehigh Acres Senior Center* Brain Boosters: every 4th Wednesday 2:30 pm - 3:30 pm

*219 Plaza Dr, Lehigh Acres, FL 33936 | *Membership required*

Sunshine Villas (Lehigh Acres) Brain Boosters: every 4th Wednesday 11:15 am - 12:15 pm

1201 Broad Street West, Lehigh Acres, FL 33936 | Open to the public

Dubin Spotlight: Holidays, Traveling & Dementia

When the holidays come around, they can be challenging for both you and your loved one. Caregivers often feel more isolated during this time of year, and the thought of traveling or hosting visitors can feel overwhelming. Use the tips below to help make the holiday season easier and more enjoyable for both you and your loved one.

PLAN AHEAD

Be realistic about what you and your loved one can handle.
(Good rule of thumb is 3 days)

Be prepared for medical problems.

Plan how you will travel with your loved one.

KEEP IT SIMPLE

Keep it safe & simple for your loved one. Think about the amount of decorations you put up/around.

Limit the number of responsibilities you take on for the holidays.

KEEP ROUTINES

Try your best to adhere to your loved one's daily routine. (i.e. time of day for meals, naps)

In new setting bring familiar snacks, games, and other entertainment.

Don't make your loved one try new or unfamiliar things/foods.

PREPARE VISITORS

Let visitors know what to expect. Keep them informed of your loved one's schedule-including good & bad times of day.

Share how to respond to unusual behaviors.

Have a go to list of activities or conversation topics.

PREPARE YOUR LOVED ONE

Provide reassurance when traveling or receiving visitors, repeat names, do not "quiz" your loved one- use name tags.

Sundowning may worsen on trips due to confusion. Maintain evening routines or calmer evenings when possible.

PACKING LISTS

Along with planning ahead, be sure to complete a packing list for your loved one to ensure you have all they will need.

Bring extra items, be sure to have medical insurance cards, medical alert or ID devices, and an extra week of medications.

PICK YOUR BATTLES

Be prepared to change plans if your loved one is upset or tired. Cut events or plans short if needed.

Avoid confusion by keeping explanations simple and not overpacking any schedules.

TAKE CARE OF YOURSELF

Treat yourself, take breaks if other people are willing to sit with your loved one.

Keep in mind 7-8 hours of rest is very important for both you and your loved one to maintain your routine.

RESPECT YOUR LOVED ONE

When possible involve your loved one in the holiday or trip plans.

Modify holiday traditions to better meet your loved one's needs.

Create moments you know your loved one will enjoy.

For more tips or specific questions, call or email us to connect with a social worker.

239-437-3007 | info@dubincenter.com

THE JOYFUL CORNER



RIDDLE ME THIS | JOKES ON YOU | FINISH THE PHRASE | LET'S REMINISCSE

I twinkle at night and
light up the tree.
Without me, it's hard
to see. What am I?

I'm round and sweet
and hung on trees. I
come in red and
white with ease.
What am I?

I'm sticky, sweet,
and built into a
house. What am I?

What do reindeer
eat for breakfast?

What do you call an
old snowman?

What's Santa's
favorite genre of
music?

What do elves learn
in school?

How do snowmen
greet each other?

'Tis the season to be
(jolly)

Baby, it's cold
(outside)

All wrapped up like a
(present)

Peace on earth and
goodwill to **(all)**

There's no place like
**(home for the
holidays)**

How did your family
decorate for the
holidays?

Was there a
traditional holiday
dish or drink you
looked forward to
each year?

What was your
favorite way to warm
up after being
outside?

Insights of the Month

Presence Over Perfection - The holidays can bring pressure to create "perfect" moments - perfect meals, perfect gifts, perfect moods. But what matters most isn't how it all looks; it's how it feels. A warm conversation, a shared memory, a quiet afternoon together - these are the real gifts. This season, let go of the pressure to do it all, and remember: your presence is the most meaningful present of all.

Honoring the Bittersweet - December holds both light and shadow. It can be a time of joy and togetherness, but also a season that stirs up loss, change, or longing. If this month feels bittersweet, you're not alone. It's okay to smile and sigh in the same moment. Let yourself feel what's true and know that even in the quiet or tender parts of the season, you are doing a beautiful job just showing up with love.

The Calendar's Best - Kept Secrets

December 1 - National Fritters Day

December 4 - National Sock Day

December 7 - National Cotton Candy Day

December 9 - National Pastry Day

December 13 - National Violin Day

December 14 - National Monkey Day

December 16 - National Chocolate-Covered
Anything Day

December 24 - National Eggnog Day

December 26 - National Candy Cane Day

December 30 - National Bacon Day

December Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
1 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group 6:30 Zoom General Support Group	2 10:00 General Support Group	3 10:00 Grief Group 12:00 Savvy Support Group 2:00 Memory Catchers RSVP Required	4 10:00 Zoom by FTD Support Group 10:00 Grace Beyond Guilt Group 1:00 General Support Group	5 Walk-Ins Welcomed
8 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group	9 10:00 General Support Group 10:00 Out & About at Edison Ford Winter Estates 	10 10:00 Men's Support Group 12:00 Savvy Support Group 2:00 Early Stage Support Group - Invitation Only	11 10:30 Bonita Springs Brain Boosters -  Bonita Springs Senior Center 1:00 General Support Group	12 2:00 Memory Catchers RSVP Required
15 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group 6:30 Zoom General Support Group 	16 10:00 General Support Group 	17 10:00 Zoom Men's Support Group 12:00 Savvy Support Group 1:00 Holiday Memory Catchers RSVP Required 	18 10:30 Zoom FTD Support Group 1:00 General Support Group 	19 11:30 Among Friends Social Hour RSVP Required 
22 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 10:30 General Support Group @ Hope Lutheran Church - Bonita Springs 2:00 Zoom General Support Group 	23 10:00 General Support Group	24  Office Closed	25  Office Closed	26 Available Only by Phone 239-437-3007
29 Available only by Phone: 9:00 - 4:00 239-437-3007 15 For You! - Phone Call with Social Worker - Schedule on DubinCenter.Com 2:00 Zoom General Support Group	30 Office Open 9:00 - 11:00 10:00 General Support Group Available only by Phone: 11:00 - 4:00 239-437-3007	31 Office Open 9:00 - 1:00 12:00 Savvy Support Group Office Closes @ 1:30	1  Office Closed	2 Available Only by Phone 239-437-3007





THE DUBIN CENTER

Where no one faces dementia alone.

Holiday Opening Hours

Tue 23rd Dec 9am - 4pm

Wed 24th Dec- **Christmas Eve** Closed

Thur 25th Dec- **Christmas Day** Closed

Fri 26th Dec Available by Phone

Mon 29th Dec Available by Phone

Tue 30th Dec 9am - 11am
11am- 4pm by phone

Wed 31st Dec 9am - 1:30pm
1:30 pm- Closed

Thu 1st Jan- **New Years Day** Closed

Fri 2nd Jan Available by Phone

Mon 5th Jan Normal Hours resume:
Mon - Fri | 9am - 4pm

*Happy
Holidays!*

*A Light
to Remember*

DATE: February 21, 2026

TIME: 7 PM to 10 PM

WHERE: Edison Festival of Light Parade

Click [HERE](#) to view our highlights from our 2025 fundraisers!

Backyard
GAMEDAY

DATE: March 8, 2026

TIME: 4 PM to 7 PM

WHERE: Bay Street Yard



This podcast was produced by one of our Men's Caregiver Support Group members. It provides guidance and expert knowledge on all things Alzheimer's and caregiver related.

[GUTPUNCHED Podcast](#)

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(239) 437-3007



12685 New Brittany Blvd
Fort Myers, FL 33907



info@dubincenter.com

Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}



The Joyful Corner Answers

Riddle - Christmas lights, Candy Cane, Gingerbread

Jokes - Frosted Flakes, Water, Wrap, The elf-abet, Ice to meet you

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